



## Ross Boddy Neighborhood Recreation Center

### 55+ Active Adult Programs

The Ross Boddy Active Adult Program meets on Tuesdays and Thursdays from 9 am—2 pm, providing a fun atmosphere to get information, stay fit, and have a great time with others. We host entertainment, trips, and speakers. Bring lunch and spend the day or drop in for something of interest. There is always room for new friends!

#### October 2018 Program Highlights

**October 16th- MD Live Bus trip**

**October 25th - Luncheon (lunch will be provided)**

**October 29th- Arts and Craft with Mrs. Charlotte**

#### Regular Weekly Schedule

##### Monday and Wednesday:

**6:00pm-8:30pm-** Adult basketball (Gym  
Rat or Senior Sneakers pass required)

##### Tuesday:

**9:00am-10:00am-** Senior Fit (Social Hall)

**10:00am-11:00am-** Coffee Club (Lounge)

**11:00am- 12:00pm-** Bingo

**11:30am-12:30pm-** Line Dance (Gym)

**12:00pm-1:00pm-** Lunch (Activity Rm C) \*Bring your own lunch

**1:00pm-2:00pm-** Free Time

##### Thursday:

**9:00am-10:00am-** Senior Fit (Social hall)

**10:00am-11:00am-** Tai Chi (Social Hall)

**11:00am-12:00pm-** Coffee Club and Bingo (Activity Rm C)

**12:00pm-1:00pm-** Lunch (Community Lounge) \* Bring your own lunch

**1:00pm-2:00pm-** Dominoes (Activity Rm C)

#### Senior Sneaker Exercise Program

Montgomery County Recreation's popular Senior Sneakers Program helps adult 55 and older have access to quality exercise/weight rooms across the county at a very affordable \$50 annual fee. Members can use any Montgomery County Recreation facility during their normal hours of operation.

**Seniors with Disabilities** are encouraged to participate in senior programs.



#### Senior Program

##### Coordinator:

Nicole Marshall

#### Senior Program

##### Hours:

Tuesday & Thursday

9:00 AM — 2 PM

#### Center Director:

Kim Bryant

#### Address:

18529 Brookes Road  
Sandy Spring, MD

#### Phone:

240-777-8050  
Hablamos Español

#### Center Hours:

Monday-Thursday

10 AM – 9 PM

Friday

2 PM-6 PM

Saturday

10:00 AM—3:00 PM

Sun – Closed

Montgomery County, Maryland is committed to complying with Americans with Disability Act, (AADA). If you need auxiliary aids or services in order to participate (such as mainstream, companion, large print, ASL or cued speech interpreter, please call 240-777-6960 at least two weeks prior to participation. (TTY 240-777-6974)